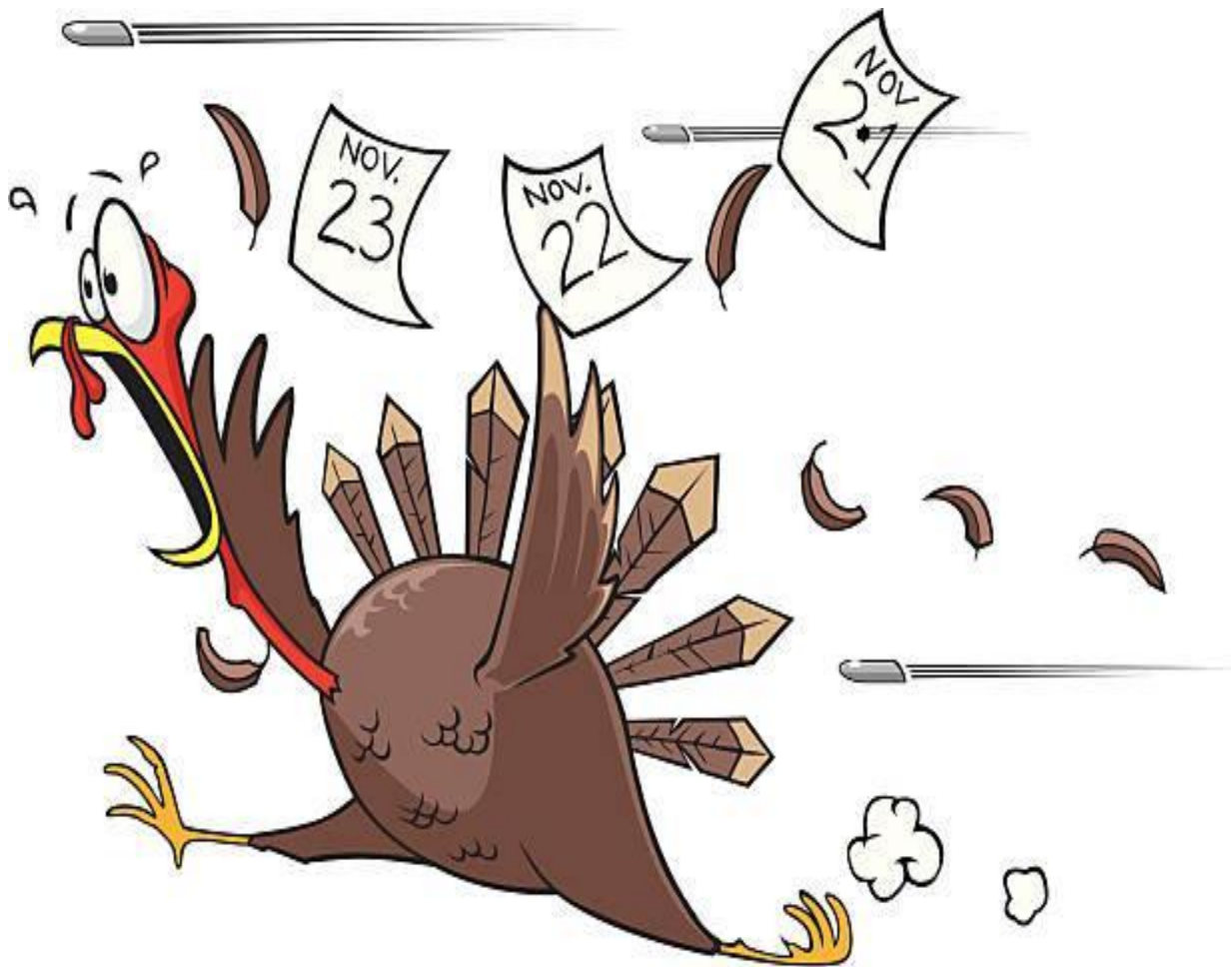


*Erie  
Runners  
Club  
Newsletter*

NOVEMBER 2022

Volume XLVII

Number 11



# Next up: November 24 – Turkey Trot 10K & 5K

**ERC MEMBERSHIP MEETING**  
**MONDAY, November 14<sup>th</sup>, 2022**  
**Plymouth Tavern 7 p.m.**  
Speaker:

✂ ✂ ✂ ✂ ✂ ✂

**ERC EXECUTIVE BOARD MEETING**  
**November 21<sup>st</sup>, 2022**  
**6 p.m. at Colony Pub & Grille**

## OFFICERS and BOARD MEMBERS for 2022

**PRESIDENT: David Comi (2022)**  
881-0060 davecomi@erierunners.club

**VICE PRESIDENT: Dan Albaugh (2023)**  
774-3209 dan.a@erierunners.club

**TREASURER: Kathryn Carstater (2023)**

**SECRETARY: Kim Lawrence (2022)**  
kiml@erierunners.club

**BOARD MEMBERS (final year of term)**  
**Greg Wigham (2022)**  
gregw@erierunners.club

**Jeff Shaw (2022)**  
jashawpa@gmail.com

**Janina Lee (2023)**  
janinal@erierunners.club

**Suzanne Carstater (2023)**  
suzannec@erierunners.club

**Bill Tobin (2024)**  
398-2908 billt@erierunners.club

**Tom Twohig (2024)**  
tomt@erierunners.club

◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆

**ADDRESS CHANGE or CORRECTION**

Please e-mail [suzannec@erierunners.club](mailto:suzannec@erierunners.club) with **ANY** change in address.

**Newsletter Editor:** Dan Albaugh 814-774-3209

**e-mail:** [dan.a@erierunners.club](mailto:dan.a@erierunners.club)

**WEBSITE:** [www.erierunners.club](http://www.erierunners.club)

**Send mail to Erie Runners Club,**

**1903 West 8<sup>th</sup> Street, PMB #296, Erie, PA 16505**

## CALENDAR OF EVENTS

### NOVEMBER

**6** Autumn Leaves Run, 9 AM, Lake Farmpark, I-90 exit for OH Rt 306, 8800 Chardon Rd, Kirtland, OH, 5-mile off-road race, contact via e-mail at [autumn.leaves.race@hotmail.com](mailto:autumn.leaves.race@hotmail.com) or check website at [www.northeastrunningclub.org](http://www.northeastrunningclub.org)

**24** ERC Turkey Trot 10K & 5K, Beach #1, Presque Isle State Park, Erie, PA. 10K start at 7:30 AM, 5K start at 9 AM. Packet pickup on 11/23/22 (Wednesday) from 12 noon to 7 PM at Iron Oxygen Fitness, 2147 West 12<sup>th</sup> St., just east of Pittsburgh Avenue. Parking permitted at Beach #1 until 7 AM – after that time, all parking at Waldameer (walk to the start). Registration available on [RunSignUp.com](http://RunSignUp.com). There is a link from the ERC website. If you are interested in being a volunteer, please call David Comi at 814-881-0060 or e-mail to [suzannec@erie-runnersclub.org](mailto:suzannec@erie-runnersclub.org)

### DECEMBER

**10** Snowflake 5K Run/Walk, 10 AM, Rotary Pavilion, Presque Isle State Park, Erie, PA, sponsored by Silkscreen Unlimited, race premium guaranteed to first 200 registered entrants, proceeds go to Northwest PA ALS Association (Lou Gehrig's Disease) & other local charities, call Dan Albaugh at 814-460-9930 or e-mail to [dan.a@erierunners.club](mailto:dan.a@erierunners.club)  
**VOLUNTEERS NEEDED!**

### JANUARY 2023

1 ERC New Year's Day 5-Miler, 10 AM, Rotary Pavilion, Presque Isle State Park, Erie, PA, call Dan Albaugh at 814-460-9930 or e-mail to [dan.a@erierunners.club](mailto:dan.a@erierunners.club) VOLUNTEERS NEEDED

NOTE: We advise that you check with a race's director for firm details. Many races operate on small or limited budgets, and race directors often can't respond to your written requests unless you include a self-addressed stamped envelope (SASE) with your request. Another caution: If you call a race director long-distance and have to leave a message, give your name and address in addition to your phone number to insure a reply. **To have a race appear in this listing, call Dan at 814-774-3209, or send details (along with a copy of the race application, if available) to ERC Newsletter Editor, 1903 West 8<sup>th</sup> Street, PMB #296, Erie, PA 16505**

#### **From the President's Pen**

Gobble, Gobble, it is time to get together with all your friends and family.

Join us on Thanksgiving morning for a little body-energizing run or walk. We will have thousands of participants with the same goal of making room in their tummies for more food the rest of the day.

The theme this year is a super hero type theme (best way to describe the way we feel about our area participants). Packet pick-up is on Wednesday, November 23<sup>rd</sup>, at Iron Oxygen Fitness, 2147 West 12<sup>th</sup>, just east of Pittsburgh Avenue. Hours are from noon until 7:00 p.m. For those of you who set your clocks back twice, we will not be ready at eleven!!!! (Packets will also be available Thanksgiving morning at the ERC Beach #1 Pavilion, but you are urged to pick up early!)

I am looking forward to getting to see all the people out there. It

seems like it's taken such a long time getting back to normal.

The club has had a decent year with running. Here's hoping the trend continues next year and brings even more people out.

Remember to keep on the lookout for the themed items along the course during the race. These can be handed in for prizes.

In closing, if you get the chance, look on the Sports Illustrated website. There is an article on one of our local members. Passle Helminski just completed the New York City Marathon. If you know Passle, you will understand my suggestion. If you never met Passle, this article will give you great insight about this woman.

Enjoy the season and get out and take advantage of the good weather while you can.

**David Comi**

**This is the proposed race calendar for 2023. We are in the process of getting approval from Presque Isle State Park and several municipalities to confirm the dates as selected. Once approval is received, the calendar will be set. Stay tuned!**

**Sunday, January 1, 2023** – New Year's Day 5-Miler  
**Sunday, February 12, 2023** - ERC Valentine Prediction Run/Walk

**Saturday, March 11, 2023** - ERC St. Pat's 10K

**Saturday, April 15, 2023** – ERC Tutu Run

**Sunday, May 14, 2023** – ERC Mother's Day 5K Run/Walk

**Sunday, June 18, 2023** – ERC Father’s Day 5K Run/Walk

**Sunday, July 16, 2023** – ERC Presque Isle Half Marathon

**Sunday, August 20, 2023** – UPMC Hamot 10K & 5K & Kids’ Runs

**Sunday, September 10, 2023** – Erie Marathon at Presque Isle

**Saturday, October 14, 2023** – ERC Personal Endurance Classic

**Thursday, November 23, 2023** – ERC Turkey Trot 10K & 5K

**Sunday, December 9, 2023** – Snowflake 5K Run/Walk

Secretary’s Report: The minutes of the September 2022 meeting were published and distributed to the general membership via the newsletter.

Treasurers Report: Motion to accept: BT. Seconded by GW. All approved.

Guests: None

Correspondence: Various email correspondence received regarding races.

Old Business: Bill Tobin repaired the trailer for us & completed the necessary maintenance tasks. Thank you, Bill!

A big thank you goes out to Edinboro Industries for providing the hardware and bolts to reinforce the race fencing used by Presque Isle Partnership, the Edinboro Triathlon and the Erie Runners Club. A second Thank You goes out to Bill Tobin who facilitated this upgrade in our equipment by working one-to-one directly with Edinboro Industries.

New Business:

ERC Board Nominations: David Comi nominated Jeff Shaw and Greg Wigham for the ERC Executive Board.

Greg Wigham nominated Kim Lawrence for secretary and David Comi for president.

Races:

The Erie Runners Club Personal Endurance Classic took place at the Harborcreek Community Park this year and we had a great turn out. Talk about great! We had an 80-year-old participant who did 25 miles in the allotted 12-hour time period! The great thing about this event is that you can take a break and still log those miles.

Next Up: Erie Runners Club Turkey Trot 2022! Do the 5K, 10K or both! Thanksgiving Day, Thursday, November 24, 2022 7:30 a.m. – 10:30 a.m. ERC

## **October 2022 Board Meeting Minutes**

Erie Runners Club Board Meeting

Monday Oct. 17, 2022 Colony Pub & Grille

Meeting called to order: 6:05 p.m. by David Comi

In attendance: David Comi, Dan Albaugh, Suzanne Carstater, Kim Lawrence, Bill Tobin, Greg Wigham, Tom Twohig, Kathryn Carstater, Janina Lee, Jeff Shaw

Beach #1 Pavilion. The parking lot at the Pavilion will close at 7 a.m. or when the lot is full, whichever occurs first. There will be buses provided for the 5K this year and you must park at Waldameer.

Turkey Trot Packet Pickup: There will be some changes this year. Packet pickup will be on Wednesday, November 23rd at Iron Oxygen Fitness (2147 West 12th Street, Erie, PA) from noon until 7 p.m. You may also pick up prior to the race on Thursday, 11/24/2022 at the Beach #1 ERC Pavilion. Volunteers are needed. Contact David Comi to volunteer 814-881-0060. Sign up is open: <https://runsignup.com/Race/PA/Erie/ERCTurkeyTrot>

Updates and further information for this race will be sent via email through RunSignUp.

The last race of 2022, the ERC Snowflake 5K Run/Walk will take place on Saturday, December 10 at the Rotary Pavilion on the Peninsula starting at 10 a.m.

The ERC New Year's Day 5-Miler will take place this year on Sunday, January 1st, 2023. Details to follow in next month's newsletter.

Meeting adjournment - Motion to adjourn KL, 2nd KC. All approved.

Meeting adjourned at 7:20 p.m. The next monthly board meeting will be held on Monday, November 21, 2022 at the Colony Pub & Grille.



### **Blowing out (Lots of) Candles**

Wish a Happy Birthday to:

**NOVEMBER 2022**

- 1 – Heidi McLallen
- 6 – Heather Devlin
- 7 - Beth Kopay
- 8 - Daryl Karney, Katherine Blakeslee
- 9 - Kevin Louis
- 11 - Fredrick McLaughlin
- 12 – Benjamin Stumpf
- 13 - Sue Zill
- 15 - Mary Blakeslee, Patty Warner
- 16 - Michael Stroup, Steve Saber
- 17 - Gary Potts, Jim Horomanski, Remi Kaplan
- 19 – Edward Movinsky, Donna Shaw
- 21 - Jason Fisher
- 22 - Karen Rubay
- 24 – Jennifer Decker Obergfell, Christopher Hawes
- 26 – Matthew Hodas
- 28 - Lisa Karney, Michelle Easley, Christopher Albaugh

**Subject: NYC Marathon: Passle Helminski back after 1993 attack kept her from race - Sports Illustrated**

<https://www.si.com/sports-illustrated/2022/11/04/passle-helminski-new-york-city-marathon-daily-cover>

**Passle's NYC Marathon finish time, 8:17:57**

SILKSCREEN UNLIMITED and the Erie Runners Club present the

# 19<sup>th</sup> Annual CHARITY SNOWFLAKE 5K RUN/WALK

Saturday, December 10, 2022 Start time - 10 A.M.

Rotary Pavilion, Beach #7, Presque Isle State Park, Erie, PA

All race proceeds from this year's event will be presented to the

**Northwest PA ALS Association (Lou Gehrig's Disease) & other local charities.**

**ENTRY FEES:** \$20 - pre-registered ERC members \$22 - pre-registered non-members  
\$25 - day-of-race \$32/\$34 with shirt

**REGISTRATION:** Late registration and packet pickup will take place beginning at 8:30 AM in the **Rotary Pavilion**. The course starts and ends in front of the Rotary Pavilion, where heated restrooms are available. Participants are urged to park near the Waterworks cookhouse and walk across the pathway between the ponds or in the Cabin #3 area, as parking will be restricted in front of the pavilion where the start/finish lines are located. The race will be held regardless of the weather unless Presque Isle State Park is closed by park authorities. If the park is closed the race will be cancelled and not rescheduled. If weather is questionable, check the message at 814-460-9930.

**PREMIUM:** Each runner/walker will receive a gift-boxed set of two stemless glasses imprinted with the race logo. Premiums are ONLY GUARANTEED to the first 150 registered runners/walkers so **YOU ARE URGED TO PRE-REGISTER!!** A special short-sleeve shirt is available for an additional \$12 as a menu item. You must register by December 1 to be guaranteed delivery of the shirt on race day.

**AWARDS:** Awards will be awarded to the first overall male and female, and to the top two finishers in the following age groups for both male and female: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & over. There are no separate awards for the walk.

**POST-RACE REFRESHMENTS:** There will be refreshments available following the race in the Rotary Pavilion.

**For Information:** Contact Dan Albaugh by phone at 814-460-9930 or by e-mail at [dan.a@erierunners.club](mailto:dan.a@erierunners.club)

**On-line registration:** Online registration is available at [BigWhiteTrailer.com/register](http://BigWhiteTrailer.com/register)

Please fill in **all** information, detach, and mail to:

**PLEASE PRINT**

Dan Albaugh, 2374 Lake Street, Lake City, PA 16423

**MAKE CHECKS PAYABLE TO: Silkscreen Unlimited**

NAME \_\_\_\_\_ GENDER M F (circle one)

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DATE OF BIRTH: \_\_\_/\_\_\_/\_\_\_ AGE: \_\_\_\_\_  
mm dd yy AS of 12/10/2022

PHONE \_\_\_\_\_ E-mail address \_\_\_\_\_

- \$20 ERC member, race only
- \$22 Non-member, race only
- \$32 ERC member, with special commemorative shirt S M L XL 2X
- \$34 Non-member, with special commemorative shirt (circle one if ordering shirt)

WAIVER: I know that running a road race is potentially hazardous. I certify that I have trained sufficiently for this event. I agree to abide by any decisions of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with this event, including, but not limited to: falls, contact with others, traffic, and the conditions of the road; all such risks being known and appreciated by me in consideration of the acceptance of this entry. I do hereby for myself, my heirs, executors and administrators, waive and release and discharge from all claims and liabilities of any kind arising from my participation in this event, Silkscreen Specialties Unlimited, the Erie Runners Club, and any and all service organizations, sponsors and volunteers connected with the operation and running of this event. I am aware that, because of insurance limitations, no baby joggers, strollers, roller skates or blades, etc., will be permitted on the course. The undersigned also agrees to release rights to and allow the use of any photographs or results information in which they appear in connection with this event. If the race is cancelled, there will be no refunds.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Parent/guardian must sign if entrant is under age 18

# ERC New Year's Day 5-Miler

10 a.m. Sunday, January 1, 2023 Rotary Pavilion, Beach #7, Presque Isle State Park,  
Erie, PA

Sponsored by the Erie Runners Club and Silkscreen Unlimited

**REGISTRATION:** Day-of-race signup and packet pickup for pre-registered runners will begin at 8:45 a.m. in the Rotary Pavilion near the Waterworks area (Beach #7) at Presque Isle. The course starts and ends in front of the Rotary Pavilion. The race will be run entirely on the roadways of the park. The exact course layout will be posted on race day.

**You may also register on-line at [BigWhiteTrailer.com/register](http://BigWhiteTrailer.com/register)**

**RACE PREMIUM:** All pre-registered participants will receive an ERC 2023 desk calendar and a drawstring tote bag. You may also choose to order the special menu item - a 58" Vented Auto-open Folding Golf Umbrella. Umbrellas will be guaranteed on race day to the first 120 orders. If necessary, an additional order will be placed, but only the first 120 are guaranteed!

**YOU ARE URGED to pre-register by Thursday, December 29, 2022 to assist us in having sufficient refreshments for all participants on race day.**

**POSTMARK deadline for pre-registration is Saturday, December 20, 2022. ONLINE registration will continue until Friday, December 30<sup>th</sup>.**

**AWARDS:** Overall awards in the 5-mile run to the top male and female, the first masters (age 40 & over) male and female, and to the top 3 male and female finishers in the following age groups: 12 & under, 13-15, 16-19, then in five-year increments from 20-24 to 80 & over. *Walkers are welcome. Awards will be presented to the top male and female walkers overall and the top 3 males and females in these divisions: 19 & under, 20-49, and 50 & over.*

**NOTE:** The race will take place as scheduled regardless of the weather, with one exception: **the race may be postponed or cancelled altogether if Presque Isle State Park is closed by park authorities for any reason.** Since this is always a possibility, call 814-460-9930 if you have any doubt about the race being held.

**POST-RACE REFRESHMENTS** in the Rotary Pavilion following the race.

For information, or to volunteer, call Dan Albaugh at 814-460-9930 or e-mail to [dan.a@erierunners.club](mailto:dan.a@erierunners.club)

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Detach and mail to Dan Albaugh, 2374 Lake St., Lake City, PA 16423

_____ \$13.00 - ERC member pre-registered	_____ 5-Mile Run
_____ \$15.00 - Non- member pre-registered	
_____ \$37.00 - ERC member & umbrella	_____ 5-Mile Walk
_____ \$40.00 - Non-member & umbrella	
_____ \$20.00 - Day-of-race entry, no umbrella	

MAKE CHECK PAYABLE TO **ERIE RUNNERS CLUB**

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tel. # \_\_\_\_\_ E-mail address: \_\_\_\_\_ Gender: M F

WAIVER: I know that running a road race is potentially hazardous. I certify that I have trained sufficiently for this event. I agree to abide by any decisions of race officials relative to my ability to safely complete the run or walk. I assume all risks associated with this event, including, but not limited to: falls, contact with others, traffic, and the conditions of the road; all such risks being known and appreciated by me in consideration of the acceptance of this entry. I do hereby for myself, my heirs, executors and administrators, waive and release and discharge from all claims and liabilities of any kind arising from my participation in this event, the Erie Runners Club, and any and all service organizations, sponsors and volunteers connected with the operation and running of this event. I am aware that, because of insurance limitations, no baby joggers, strollers, roller skates or blades, etc., will be permitted on the course. The undersigned also agrees to release rights to and allow the use of any photographs or results information in which they appear in connection with this event. If the race is cancelled, there will be no refunds.

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

Parent must sign for son/daughter under 18

**ERC 2023 BALLOT**

**President:** 🗳️ **David Comi**

**Write-in:**  
-----

**Secretary:** 🗳️ **Kim Lawrence**

**Write-in:**  
-----

Per the by-laws, the offices of president and secretary will be elected in this cycle to two-year terms. The offices of vice president and treasurer were elected to two-year terms last year and will come up for re-election next year. Two executive board members will be elected, each for a 3-year term, through December, 2025.

🗳️ **Jeff Shaw**

🗳️ **Greg Wigham**

**Write-in:**  
-----

**Write-in:**  
-----

**You may e-mail ballot to *dan.a@erierunners.club* or deliver to a current officer or board member by December 12, 2022.**

\*\*\*\*\*

**ERC 2023 BALLOT**

**President:** 🗳️ **David Comi**

**Write-in:**  
-----

**Secretary:** 🗳️ **Kim Lawrence**

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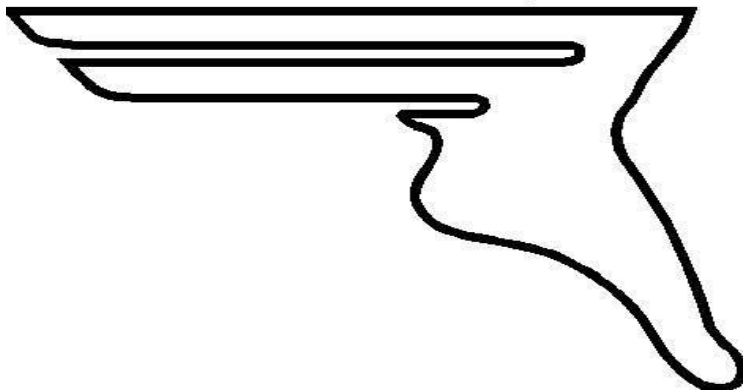
**Write-in:**  
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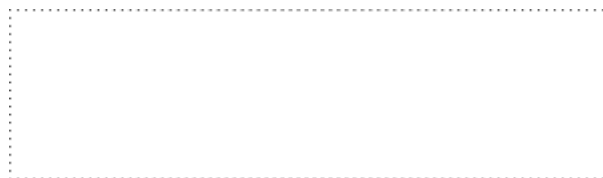
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## NOVEMBER



DATED MATERIAL - PLEASE DELIVER PROMPTLY

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### In this issue:

Next on the ERC RACE SCHEDULE  
November 24  
ERC Turkey Trot  
December 10  
Snowflake 5K Run/Walk

- Race Calendar
- From the President's Pen
- November meeting info
- November birthdays
- ERC contact info
- Race results & reports
- Race applications
- and more!!!*